

June

NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered



Arts & Crafts



Cultural Programs



Daily Lunch



Educational



Exercise



Health Services



Information &
Referral



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Director's Report by Susan H. Gregory

I hope everyone can drop by the Center on **Saturday, June 3** for the Advisory Board yard sale and pancake breakfast. This year the sale will be in the shade, thanks to the new shade panels covering the patio. Enjoy pancakes, good friends, and a possible bargain at the yard sale. Donations for the yard sale are currently being accepted and complete details are on page 12.

We will be honoring volunteers at the annual banquet on **Monday, June 26** at 5:00 p.m. This event is by invitation only and invitations will be mailed out the first part of June. It's a beach party so don't worry about a fancy dress or tie!

Next month the meal program will see an increase in the cost for lunch. Starting in **July** the cost for lunch will be \$3. The drink will continue to be an option and the cost will increase to 50¢. I hope that this will not discourage anyone from coming for Jozefina's homecooked meals. If anyone needs assistance in paying the meal cost, please see me and I can give you information on the Center scholarship program.

With the increase in food and fuel it is necessary to increase the price. Even with the price increase, the \$3 meal fee will only cover the cost of the food and some incidental expenses. The \$3 fee does not cover the cost of staffing, equipment maintenance, and electricity. These expenses are covered by Murray City tax dollars and private donations. Thank you for your support.

— Susan H. Gregory

INSIDE THIS ISSUE

Advertising Rates	pg. 2	Health Services & Speakers ...	pg. 4
Calendar	pg. 8-9	Menu - noon meal	pg. 16
Classes	pg. 7	Recreational Activities	pg. 10-13
Computer Classes & Lab	pg. 3	Services	pg.
Donations	pg. 13	Staff	pg. 2
Exercise Classes	pg. 6	Scholarship Program.....	pg. 14
Golf Tournaments	pg. 10	Trips	pg. 15

INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

G G G

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

Mayor

DANIEL C. SNARR

Chief of Staff

JAN WELLS

Public Services Director

DOUG HILL

City Council:

JEFF DREDGE, DISTRICT #1

ROBERT D. ROBERTSON, DISTRICT #2

JIM BRASS, DISTRICT #3

PATRICIA GRIFFITHS, DISTRICT #4

KRISTA DUNN, DISTRICT #5

G G G

Heritage Center Staff:

Director

SUSAN H. GREGORY

Program Coordinator

GEORGE FENSTERMACHER

Program Coordinator

DAVEEN HAWS

Secretary

SHARON CANTONWINE

RECEPTIONIST

MARY HALL

Ceramic Instructor

CINDY MANGONE

Meals Supervisor

JOZEFINA DUVNJAK

Meals Assistant

LOLA STRELOW

CUSTODIAN

DAVE LINDORFF

Vehicle Driver

LOWELL HART

Building Attendant

SHIRLEY FLOYD

G G G

Heritage Advisory Board

RICK BATTISON, WAYNE BICKLEY,

GENEVA HARRIS, MEEDA SMITH,

NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

Appointments Requested

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, a tile on the wall of support or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time.

Classes are limited to 6 and each class is 1.5 hours per day.



Basic Computers II

Class is designed for the person who has had some exposure to computers and Windows. Cost is \$30 for six lessons. **Mon/Tues/Thurs - June 12, 13, 15, 19, 20, 22 at 10:30.**

Basic Email

Learn the basics of Email (electronic mail) in this 5 1/4 hour class held over three days. Set up a free email account using Yahoo. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around Windows. Cost is \$15 for 3 classes. **Sign interest sheet at desk.**

Basic Internet

Learn the basics of the Internet in this 3 hour class over two days. Prerequisites: Persons must have taken Basics I or be familiar with

using a mouse and navigating around windows. \$15 for 3 classes. **Sign interest sheet at desk.**

Music on Computer

Did you know you can buy your favorite song for 99¢ and burn it to a CD? One day class, cost \$6 and you go home with a CD and 3 of your favorite songs. **Sign interest sheet at desk.**

Microsoft Excel

Learn the basics of the spreadsheet program Excel in this 4 session class. You should be familiar with a mouse and working in windows. **Sign the interest sheet at desk.**

Basic Computer I

This class is designed for the beginner in mind. Learn terms, basic information, how to work in windows, and basic word processing skills. **Sign the interest sheet at the desk.**

Greeting Cards

Learn the basics of any greeting card program in this one session class with volunteer Wilma Jepperson. Don't pay high prices for cards, make your own! Choose to attend **Mon., June 12 or Mon., June 19** at 12:30. Class is free. Sign up required, limit of three.

Genealogy

Learn the basic of the PAF program and get started on recording your family history. Class is 8 session and cost is \$10. **Sign interest sheet at desk.**

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer.

The lab is open **Monday through Friday from 9:30-11:30** or any afternoon when classes aren't being held.

Volunteers are on hand on Wednesday (Glen) & Friday (Gordan).

Internet access is available.

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, June 14 at 1:30.** Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.

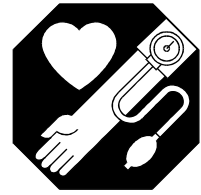
The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. □





HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



June's Clinics

Toenail Clipping

Thursday June 1 @ 9-10:30

Mental Aerobics

Monday June 5 & 19 at 1:00

Memory Class

Thursday June 15 @ 10:30

Podiatrist

Tuesday June 20 @ 12:30-2:30

Vial of Life

Friday June 23 @ 10:00

Toenail Clipping Thursday June 1

Thursday, June 1 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:30. The fee is \$10.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Memory Class June 15 at 10:30

Mark Fox, a therapist from the IHC Senior Clinic will be giving a presentation on Memory Mon., June 15 at 10:30. The presentation will cover memory loss, what it means, and what to do to help yourself remember things.

Many people worry about becoming more forgetful. They think forgetfulness is the first sign of Alzheimer's disease. This class will teach new retrieval techniques to access our stored memories. This is a free class, no reservations required. □

Vial of Life Friday June 23 at 10:00

Vial of Life is an emergency medical communication system linked to 911 dispatch agencies. This is a valuable service for individuals with chronic conditions or multiple medications who might be unconscious, upset, or confused when emergency medical personnel arrive. This program will have you fill out a sheet of information detailing your information about chronic medical conditions, allergies to medications, and emergency contacts.

The original information sheet is forwarded to Salt Lake City's fire department for Salt Lake City residents and Valley Emergency Communications Center for people living in Salt Lake County but are out of Salt Lake County's boundaries. A second copy of this form will go into a large medicine vial and then into your personal refrigerator.

How does this program work? When the person calls 911, the dispatcher has an indicator on the screen for Vial of Life participants. The dispatcher then instructs emergency medics to look for the vial in the refrigerator. The medic will locate the vial and be able to read your emergency information.

This program was developed by a pharmacist and was originally managed through Salt Lake County Aging before it was transferred to the Salt Lake Valley Health Department in 2003. Smith's Food and Drug Stores are the corporate sponsors for this program. Plan on attending this important workshop on **Friday June 23 at 10:00.** □

HEALTH...HEALTH...HEALTH...HEALTH...HEALTH

Thursday, June 8 & 22

Manicures

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**. □

Monday, June 5 & 19 at 1:00

Mental Aerobics

Are you stuck in a rut? Are you a creature of habit? Mental Aerobics is a new class at **1:00** on **Mon., June 5 and 19**. The class is designed to open your brain to new ideas and new approaches. Instead of saying I can't do this, this class will help you wonder what you can learn from a new encounter or a situation. By exercising the mind we keep neuro pathways active, reduce the chances of dementia and Alzheimer's, reduce aging of the brain, and improving memory.

Join this fun and light hearted class as we explore ways to get us out of our ruts. Class is free. □

Fridays 12:15-4:00

Massage Therapy

Massage Therapy continues on **Fridays from 12:15-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

Tuesday, June 20

Podiatrist at Center

A resident from Dr. Steven Royal's Podiatry office will be at the center on **Tuesday, June 20** to cut toenails.

The student cannot see diabetics, but can see people on a blood thinner. There is a \$5 donation for this service. Appointments are required and can be made starting June 6. The \$5 donation is due the day of the clipping, June 20. This service is made possible through Salt Lake County Aging Services. □

SERVICES...SERVICES

Wednesday, June 21

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, June 21, at 11:00**. Appointments are needed and are made at the front desk. At least three appointments must be made in order to have the attorney come to the Center.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Hats for the Homeless

The center had such a great response for our "hats for the homeless" drive last Christmas, that volunteers at the center have been making hats year round.

The center is currently in need of more yarn to make the hats. If you have extra yarn laying around the house and would like to donate it to a good cause, drop it by the center anytime.

Remember it doesn't matter whether the hats are hand knitted or made on a loom, just keep them coming!

Thank-you to all those who continue to make hats for this worthy cause. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

STRETCHING - FREE

Thursday's 10:00-10:30

Becky Clark - instructor

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on June 1

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace and Lili Field - instructors

Fridays 9:30-10:30

Jamie Pond -instructor

NIA

Mondays & Wednesdays

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:30

Shirlene Lundskog - instructor

\$1.00 donation per class

NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

Yoga

Wed., 10:15 / Fri., 9:30

Yoga is an ancient system of movements and breathing techniques. This class is designed to help you relax and rejuvenate your mind and spirit. Some of the many benefits of yoga include enhanced immunity, overall well-being, strength building, self awareness, stress reduction, relaxation, increased mobility and flexibility, as well as muscle toning.

Yoga provides a low risk of injury to muscles, as well as a low impact workout. If you are interested in lowering cholesterol, improving your dexterity, or are looking to simply sleep better, try the Center's yoga class every **Wednesday and Friday**. ☐

NIA

Mon./Wed., 9:00

What is NIA? NIA stands for Neuromuscular Integrative Action and means "with purpose." This is an expressive fitness and awareness movement program designed to enhance, balance, and help you move in harmony. This is a holistic approach to blending the movements from yoga, tai chi, pilates, and dance. This class is recommended no matter what your fitness level is. Come and participate in eclectic blended music, sounds, and visualization that is meant to energize and free your body from physical and emotional tensions. ☐

Aerobics

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. Join our Aerobic class every **Tuesday and Thursday from 9-10**. Do not forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. ☐

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives.

June's featured projects will be hand made novelty items on **June 13**. Come and make a knit cover for a tobasco bottle, or a scissor holder made from the center of a toilet paper roll, or make a pair of knit baby/doll booties. There is no fee for this class, just bring some yarn and your knitting needles. □

Wednesday, June 14 - 2:00

Spiritual Cinema

Wednesday, June 14 at 2:00 the Center will be showing a full length film that will inspire, educate, heal and transform your life. Following the film, Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the spiritual elements of the film.

June's movie will be "Touching Wild Horses," a powerful film about an epic adventure that takes place within the hearts of Fiona (Jane Seymore) and her nephew. □

Friday, June 23 at 11:00

Consciousness Talks

On **Friday, June 23** a new discussion group will focus on the nature of consciousness. The topic will be "Letting Go of Fear, Falling Into Love." This month will introduce participants to an ancient approach called "The Pink Light Healing Technique."

This technique allows you to experience more inner love. Past teachings at the International Society of Ascension have stated that "love is letting go of fear. This healing technique will help us see that in truth there is nothing to fear. As we turn towards the light of love, all else falls away."

Samadhi Ishaya from the International Society of the Ascension will be leading this group. □

Mon/Tues/Thurs. 8:30-12:30

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Monday, June 19 - 1:30

Let's Talk

Let's Talk, the Center's reading and discussion program continues on **Monday, June 19 at 1:30**.

The discussion is led by Charlotte Cox, a former leader of the Murray Library's book group. There is a suggested one time donation of \$5.00 to help with costs. Let's Talk is possible in part thanks to the Utah Humanities Lending Library.

The book being read is *When the Emperor Was Divine* by Julie Otsuka. This book details the tragedy of Japanese-American internment in Topaz, Utah during World War II. Told through the eyes of a mother, an 11 year old girl and an eight year old boy, this novel raises philosophical issues regarding basic rights that continue to resonate, particularly as we are faced with the complexities of terrorism and war. □

Tues. 9:30 - 11:30

Water Color Lab

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest in this format. Drop by any Tuesday □

MONDAY

TUESDAY

Heritage Center Events

Heritage Center
#10 E. 6150 S.
(west of State Street)
264-2635

we are here to serve you
Monday-Friday
8:00-4:30

8:00 Golf - Gladstan
8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
12:00 Lunch
1:00 Mental Aerobics



5

8:30 Ceramics
9:00 Aerobics
9:30 *Noni International* Trip
9:30 Watercolor Lab
10:15 Line Dancing
11:00 Canasta
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

6

7:30 Golf - Glenmoor
8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
10:30 Basic II
12:00 NO Lunch today
12:30 Greeting Cards
5:30-7:00 Dinner Available
7:00 FREE Family Concert
"Mid-Life Crisis" Entertains
60 & 70's music



12

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
9:30 Antelope Island Trip
10:15 Line Dancing
10:30 Basic II
11:00 Canasta
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

13

8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
10:30 Basic II
12:00 Lunch
12:30 Greeting Cards
1:00 Mental Aerobics
1:30 Let's Talk

19

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
10:00 Red Butte
10:15 Line Dancing
10:30 Basic II
11:00 Canasta / 12:00 Lunch
12:30 Crafts
12:30 Podiatrist
2:00 Strength Conditioning
2:00 Beginners Line Dance

20

7:30 Golf - Wasatch
8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
12:00 LUNCH
5:00 Volunteer Banquet



26

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
11:00 Canasta
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

27

WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> 8:30 Ceramics 9:00 Aerobics 10:00 Stretching 10:00 Blood Pressure Glucose 10:30 Toe Nail Clipping 11:00 Reverse Mortgage 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning	<div>2</div> 9:30 Yoga 11:00 Cajun Culture & Music 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>7</div> 9:00 NIA 9:30 Pinochle 9:30 Computer Lab 9:30 Tuacahn Trip 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>8</div> 8:30 Ceramics 9:00 Aerobics 9:00 Manucures 10:00 Stretching 10:00 Blood Pressure Glucose 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning	<div>9</div> 9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>14</div> 9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 1:30 HUGS 2:00 Spiritual Cinema	<div>15</div> 8:30 Ceramics 9:00 Blood Testing 9:00 Aerobics 10:00 Stretching 10:00 Blood Pressure/Glucose 10:30 Memory Class 10:30 Basic II 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning	<div>16</div> 9:30 Yoga 11:15 Chair A'Robics 11:30 Father's Day Patio Party and Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>21</div> 9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:00 Tooele Breakfast Trip 10:15 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>22</div> 8:30 Ceramics 9:00 Aerobics 9:00 Manicures 10:00 Stretching 10:00 Blood Pressure/Glucose 10:30 Basic II 11:00 Utah Arts Festival Trip 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning	<div>23</div> 9:30 Yoga 10:00 Vial of Life 10:30 Brown Bag 11:00 Consciousness Talks 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>28</div> 9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>29</div> 8:30 Ceramics 9:00 Aerobics 9:30 Red Butte Gardens 10:00 Stretching 10:00 Blood Pressure/Glucose 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning	<div>30</div> 9:30 Yoga 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play

CLASSES...CLASSES

July 11 & 12 at 12:30

Drivers Safety Class

This unique program for older drivers is eight hours of classroom instruction that redefine existing skills and develop safe, defensive driving techniques. The class will be presented by John Tolson, an instructor for the American Association of Retired Persons. Class will be held on Tuesday and Wednesday, July 11 and 12 from 12:30-4:30.

Students must attend all 8 hours of class to receive certificate of completion. Those who complete the course are eligible for a discount on car insurance. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

Thursday, June 1 - 11:00

Reverse Mortgage - What is it? Do you need one?

Join us on Thursday, June 1, 2006 at 11am to learn more about what a Reverse Mortgage is and how it works. Find out how you can tap into the equity in your home to help pay for unexpected medical bills, provide you with a stream of regular monthly income and have a standby line of credit, or have ALL of these financial options available to you. Our speaker will be Cynthia Scharf, who works for Reverse Mortgage of America, and she will explain what a Reverse Mortgage is, how it works, and if a Reverse Mortgage is right for you.

RECREATION...RECREATION...RECREATION..

Saturday, June 17 - 9:00

Pinochle Tournament

The Center will host a County-wide Pinochle Tournament on **Saturday, June 17**. Players are requested to arrive at 9:00 to complete check-in and warm-up games. Competition will begin at 10:00 under the direction of Ivah Doverspike, Johanna Oenes and the Heritage Center's Pinochle Tournament Committee.

Prizes awarded will include the traditional first through ten places as determined by entry fees collected and a drawing for the "going set fund". The Center will contribute special prizes for the players with the highest and lowest point totals.

Those interested in participating in this tournament can register at the Heritage Center in person or by phone (264-2635) or contact Ivah Doverspike at 595-6654.

Friday, June 16 - 11:30

Father's Day and Patio Party

On Friday June 16 the Center kicks off the summer season with a celebration in honor of Father's Day. This celebration will be out on the Center's newly remodeled patio. Come and enjoy all the patio has to offer, the calming water fountain, the beautiful landscaping, and the new shade cover.

The day would not be complete without a barbecue lunch and the entertaining sounds of the Hi-5's. Enjoy Barbecue Chicken, Greek salad and a special desert while listening to the classic oldies.

Pre registration is required, and the cost is \$5. Bring your neighbor, a good friend, or celebrate with a grandson. Even if you are not a father, everyone can join in the spirit of this special holiday. □

Golf Season in full swing! Monday Tournaments

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should contact George Fenstermacher at 284-4240 for a basic orientation. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is to be paid when registering for the first tournament played. The June/July schedule:

6/5 Gladstan (\$37) - 8:00	7/17 Valley View (\$33) - 7:30
6/12 Glenmoor (\$33) - 7:30	7/31 Riverbend (\$35) - 8:30
6/26 Wasatch (\$38) - 7:30	

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. ☐

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. The Heritage County wide tournament will be held Sat., June 17. Entries taken by 9:00 and competition begins at 10:00. Winners from April were: *Kim Luttmmer 597, Ron Symes 610, Wayne Johnson 552, Mary Lewis & Dick Petersen 599.* ☐

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board. High Scores for April: **Wed.:-** *Jo Lemke 88, Carol Meyers 81, Ruth Morris 84, Sharon 88. Fri.:* *Bob Clecker 85, Hal Lemke 93, Ruth Morris 77, Jean Forman 86.* ☐

Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. ☐

Line Dancing

Tuesdays-10:15 & 2:00

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners A \$1.50 donation is requested and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ☐ ☐

Square Dancing

Thursdays 1:00-2:30

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. ☐

Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thurs at 12:45** to play Hand & Foot. The next meetings are on Thurs., June 1st & 15th. For additional information contact George at 284-4240.

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Friday, June 2 - 11:00

Cajun Culture in Music, Humor, History

Join us in a presentation by the Utah Humanities Council which highlights the Cajun Culture of Southern Louisiana as native daughter Tommie St. Cyr tells the story of this unique bit of American society with music, humor, history, and geography. Get ready to dance or just enjoy the familiar Cajun *Faado-do* and learn just "How Dem Cajuns Got There, Cher!"

Family and friends are invited. Make reservation for lunch and stay after for BINGO games...what a great way to end the week.

George's

Heart-Healthy
Breakfast Club
opens
June 15

Each Thursday morning from 8:30 - 10 (beginning on the 15 of June) a menu of heart-healthy items will be prepared for your breakfast enjoyment. Eggbeater omletts, wholewheat pancakes, fruit, and orange juice will be served on the patio by volunteer chefs.

Join George, Ron, Moose, and the Heritage seniors for a weekly low cal, low carb, low fat, and low stress morning. Cost of the breakfast is \$3.00. NO reservation needed. □

Family Night Series

Bring your children, grandchildren, friends, and family to the Family Night Series in the backyard at the Heritage Center. The concerts are free and are held the second Monday of every month starting at 7:00 pm.

If you'd like to come early and buy dinner, food will be available from 6:00 - 7:00 or you are welcome to bring your own picnic. Complete meals are available to purchase in advance for \$4.00 or \$5.00 at the door. Advance dinner tickets are currently on sale for Monday, June 12. For \$4.00 you'll get a hamburger or hotdog, chips, salad, dessert, and a drink. If you purchase at the door the cost will be \$5.00. You will also be able to purchase food ala carte as long as it lasts. The entertainment is sponsored by the Murray Cultural Arts department. The summer schedule:

Monday, June 12 - Mid-Life Crisis, 60's and 70's Rock and Roll.

Monday, July 10 - Polynesia South Pacific.

Monday, August 14 - Roots of American Music, Slickrock Gypsies.

Family Concert

Monday, June 12

7:00 PM - Free

Come early & purchase dinner

Saturday, June 3 - 8:00-1:00

Yard Sale & Pancakes

The Heritage Center Advisory Board is holding a Yard Sale on **Saturday, June 3**. All money raised will go to the Heritage Center.

Drop by for pancakes or shopping for that bargain item or antique's roadshow goldmine! The sale will run from 8:00-1:00. Pancakes will be served from 8:00-10:30 and no advance tickets are needed. The Center will be closed so come around through the backyard gate.

You may bring in yard sale donations anytime starting on May 16. We will accept donations until the day of the sale. All proceeds will go to the Center.

So clean out the basement, clean out the garage, clean out the shed, and donate your slightly used clean clothes, working appliances, usable furniture, and those unique one of kind items that only sell at a yard sale! We are looking for all sorts of items small and large. Items that someone else might like to purchase (no broken items and only clean slightly used clothing.)

If you'd like to volunteer to help the day of the yard sale, sign up at the front desk.

Bring family, friends, and neighbors to the yard sale on Saturday, June 3. □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR THEMSELVES AND NO MORE THAN ONE OTHER PERSON FOR EACH TRIP --

Tuesday, July 11 - 8:30

Wendover

Travel to Wendover on **Tuesday July 11**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Tuesday, June 6 - 9:30

Tahitian NONI Garden

The Center bus will depart at 9:30 for the Tahitian NONI Gardens in Provo on Tuesday, June 6. Cost of the trip is **\$3** and lunch is on you. A unique menu of Noni based food is served in the Tahitian Noni Cafe and includes sandwiches, salads, soup, pizza, and desserts ranging in price from \$4- \$8.

Noni is a tropical fruit known for its medicinal values. The ancient inhabitants of what is now Tahiti treasured this knotty green tropical fruit as a gift from the gods. They revered it and benefited from all of the nutrients and elements of the noni tree - the fruit, leaves, and seeds. These elements serve as the base for Tahitian NONI products today. You may register for this trip now.

Thursday, June 29 - 9:30

Red Butte Garden

A Floral Walk provides a colorful stroll through ever-changing blossoms and foliage at several creekside displays. Tram rides will be provided for those who wish to visit the more distant areas of the Garden and we will eat a box lunch in the Courtyard Garden .

The trip will depart the Center on **Tuesday June 20 at 9:30 am** and return at about 1:30pm. The **cost is \$6** for transportation and admission. Lunch will be on you at Crown Burger . You may register at this time. □

Wednesday, June 21 - 10:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah" and music performed by the Tooele Center's volunteer band. The bus will depart the Center at 10:00 June 21 and return about 1:00 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 19 participants. Sign up now for this trip.

Tuesday, June 13 - 9:00

Antelope Island

Join us on June 13th for an early summer trip to the Utah State Park at Antelope Island which is home to a roaming herd of Pronghorn Antelope and Bighorn Sheep. The Center's bus will depart at 9:00am and will travel first to the visitor center for a look at the unique biology and history of the largest island in the Great Salt Lake. Cost for the trip is \$15 and includes the transportation, admission, and a delicious box lunch from Kneaders Bakery including a sandwich (choice of turkey, ham, or beef) potato salad, cup of fruit, cookie, and bottle of coldwater. You may register at this time.

Thursday, June 22 - 11:30

Utah Arts Festival

Attention Art Lovers! Attention Shoppers! The center will be going to the Utah Arts Festival's annual celebration on **Thursday, June 22 at 11:30**. If you enjoy art, are an artist yourself, or just love to shop, you will have two and half hours to wander through 127 artist booths. The festival also promises an array of food choices for all you connoisseurs to sample for lunch.

The **cost** for the trip is **\$5.00**. This includes the entry fee for the festival and bus transportation. You may register at this time.

Brown Bag

Pick up applications at the front desk for the brown bag food program sponsored by the Food Bank. You must be 65+ with annual income less than \$13,470 for single or \$18,180 for couple.

June

Brown Bag Dates

Friday - 11:15

June 9 & 23

Newsletter Subscriptions Available **Newsletter Donations**

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .60¢ per newsletter. Donations are greatly appreciated to help offset this cost. Donations can be given at the front desk or put in the donation box in the lobby.

If you would like the newsletter mailed to your home, subscriptions are available at the front desk for a \$16 fee. The newsletter will be mailed to your home each month for one year starting the month after you subscribe. □

The Wall of Support is growing!

The Wall of Support was installed last month with 59 personalized tiles. The messages are priceless and the project is a huge success. The goal is to run out of wall space, and there's a lot of wall space! Personalized tiles will be sold throughout the year and the next group of tiles will be installed in the fall. An order form is included in the newsletter on page 15 or you can pick up an order form at the front desk. Tiles make great gifts, are a nice way to honor friends or family, or can be used as a memorial.

Thank you to the following individuals who purchased tiles last month:

Linda Angeli	Theda Box	Gloria Guido
--------------	-----------	--------------

Chuck-A-Rama Cards

Discount cards are available at the front desk for a 15% discount at Chuck-A-Rama. The card is good for persons 60+ and the cost is \$1. In addition to the 15% discount after 10 visits you receive a free meal. All proceeds from cards purchased at the Heritage Center stay at the Heritage Center.

Thank you to the Chuck-A-Rama Buffet for providing the cards. This year the Center has received \$355 from card sales.

Purchase your card today at the front desk and enjoy a meal at any Chuck-A-Rama Buffet.

LOCATIONS:

744 E. 400 S., Salt Lake

6363 So. State, Murray

12300 S. Minuteman, Draper. □

Heritage Center Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$50 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship program, you must prove a financial need and meet certain criteria. One scholarship is currently available. The income guidelines for 2006 are \$957/mo. individual or \$1284/mo. couple. Applications are available at the front desk or from the Center Director. □

The center would like to thank Chateau Brickyard, Cindy Mangone, The El Kalah Shrine Clowns, The Red Hatter Belly Dancers, and the center volunteers who helped make the Circus a fun and enjoyable day. □

Friends of the Heritage Center

25th Anniversary Fund Raising Project - Wall of Support

Your Name _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

4x8 Tile: @ \$125 = _____ 8x8 Tile: @ \$250 = _____

You may choose to pay the entire portion or make a \$50 deposit and pay \$12.50 per month for 6 months.

Date & amount of deposit _____ Balance must be paid by _____

All purchases or donations are tax deductible.

Total paid: _____

Please make sure your engraving information is spelled correctly. (Please print clearly)

Tile 4x8 (Limit 3 lines, 20 characters including spacing) - \$125

Tile 8x8 (Limit 6 lines, 20 characters including spacing) - \$250

**HOME COOKED
MEALS!**

June 2006 Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$2.50 for persons 55+ - Drinks are available for 40¢

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know? - Chef Salads are available daily - order in advance. - Meal cost will go up to \$3 in July. - Take out meals will be \$3.50 in July. - Meals for those under 55 will be \$4.50 in July. - Soft drinks and milk will go up to 50¢ in July.			LASAGNA Green Salad French Bread Cookies or Pears	SWISS STEAK Rice Broccoli Peach Cobbler or Mixed Fruit
SALMON Rice Pilaf Mixed Vegetables Pudding or Pineapple	ROAST PORK Mashed Potatoes Green Beans Apple Pie or Mixed Fruit	CHICKEN SALAD SANDWICH Chips Cantalope Orange Cake or Peaches	STIR FRY PORK Rice Cinnamon Roll or Tropical Fruit	BAKED FISH Scalloped Potatoes Peas Roll Coconut Cake or Pears
NO LUNCH Join us for the family backyard concert & DINNER -- Hamburgers, Hotdogs, Chips, Pizza, Salad, Dessert	TACO SALAD Watermelon Cherry Cake or Pineapple	MEATLOAF Mashed Potatoes Peas Roll Strawberry Cake or Mixed Fruit	PORK SAND- WICH Cucumber Salad Chips Brownies or Pears	FATHER'S DAY CELEBRATION BBQ CHICKEN Rice Pilaf Greek Salad Banana Cake or Peaches
PIZZA Fruit Cup Cream Puffs or Mixed Fruit	BLT SAND- WICH Potato Salad Fruit Chocolate Pie or Peaches	BEEF STEW Tossed Salad Biscuit Jello or Pears	PORK CHOPS Potato Casserole Green Beans Lemon Cake or Mixed Fruit	SPAGHETTI Tossed Salad Garlic Bread Baklava or Pineapple
CHICKEN CORDON BLUE Pesto Noodles Mixed Vegetables Ice Cream or Peaches	CRAB CAKE Carrots Rice Roll Bread Pudding or Pears	FRIED CHICKEN French Fries Carrots Roll Yellow Cake or Mixed Fruit	TUNA SANDWICH Frog Eye Salad Carrot Cake or Pineapple	BEEF STROGANOFF Noodles Mixed Vegetables Roll Pineapple Cake or Peaches